



**Objective:** To explore a nutrient analysis software program.

1. Select the following date and school : November 18, Steps Secondary School.
2. Complete the following menu by entering the missing menu items on the computer:

**MENU**

Roasted Chicken Breast  
Carrots  
Scalloped Potatoes  
Wheat Rolls  
Butter  
Apple Crisp  
Milk

3. Review the *Apple Crisp* (C-2) recipe analysis. What ingredient contributes the most fat?  
\_\_\_\_\_
4. Locate "Apples - canned, sweetened, drained" in the ingredient file.
5. Read the nutrient information for the selected apples.



How would this  
information be helpful to you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_